



## Matt Dawson MBE

Former England Rugby Union Player

*"Matt Dawson is an institution in the world of rugby."*

Matt Dawson MBE is best known as a member of the World Cup winning 2003 England Rugby Union squad. One of England's most capped players of all time, Matt regularly presents on Five Live and is now as well known for his numerous media appearances from BBC's 'A Question of Sport' to 'Masterchef'.

### TOPICS:

- Teamwork
- Motivation
- Leadership
- Winning

### LANGUAGES:

He presents in English.

### PUBLICATIONS:

**2009** Matt Dawson - Fresh, Simple, Tasty

**2004** Nine Lives

**2013** Matt Dawson's Lions Tales

### IN DETAIL:

Regarded as one of the more outspoken players, Matt is a favourite with the BBC's rugby coverage. His position as Team Captain since 2004 on BBC1's much loved flagship sports quiz "A Question of Sport" has elevated him from a well-known rugby player to a national TV personality. After retiring from rugby in 2006, he became a commentator and presenter on BBC Radio 5 Live's rugby programme, won 'Celebrity Masterchef' and was the runner up of 'Strictly Come Dancing'. More recently Matt presented his own cookery show 'Mitch & Matt's Big Fish' and 'Monster Munchies'. In 2012 he contributed to the BBC's 6 Nations coverage and joined the BBC Olympic presenting team where he covered the cycling for Radio Five Live.

### WHAT HE OFFERS YOU:

Matt enjoys presenting the lessons he has learned from rugby and his other own life experiences, especially his competitive interests, and relates them to individual approaches, physical and mental training as well as development of career and personal life.

### HOW HE PRESENTS:

A truly inspiring speaker, Matt tailors his presentations for different team and corporate scenarios, working with clients to achieve the goals and objectives of strategy meetings, seminars and conferences. He also offers effective exercises to show the importance of teambuilding.